DOCUMENT RESUME

ED 379 503 CE 068 341

AUTHOR Scholl, Jan
TITLE Resources for Family and Consumer Science Teachers, 1995.
INSTITUTION Pennsylvania State Univ., University Park. Cooperative Extension Service.
PUB DATE Jan 95
NOTE 8p.
AVAILABLE FROM PENpages and Teacher *Pages, College of Agricultural Sciences, Penn State University Park, PA 16802 (free).
PUB TYPE Guides - Classroom Use - Teaching Guides (For Teacher) (052) -- Reference Materials - Bibliographies (131)

EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS Citations (References); *Consumer Economics; *Consumer Education; *Educational Resources; *Family Life Education; *Home Economics; *Home Management; Secondary Education

ABSTRACT

This annotated bibliography of resources for family and consumer science teachers lists 59 items developed for "Teacher Pages" (an electronic information service) by Penn State Cooperative Extension Service between December 1, 1993 and December 1, 1994. Each listing includes a short description, source, address, price if appropriate, and ordering information. Among the wide variety of topics covered are the following: appliance use, energy conservation, parenting, laundry, fats in foods, baking, fabric shopping, toys for children, recipes, nutrition education, food safety, and television programs for children. (KC)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
☑ This document has been reproduced as received from the person or organization originating it.
☐ Minor changes have been made to improve reproduction quality.
• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy

ED 379 503

1995 RESOURCES FOR FAMILY AND CONSUMER SCIENCE TEACHERS

The following resources were gleaned from December 1, 1993 to December 1, 1994. This list was developed for TEACHER*PAGES by Penn State Cooperative Extension, through the assistance of Jan Scholl at Penn State University, University Park and your local Cooperative Extension office. We hope you will find this list helpful to you.

If you have a recent resource you would like to share, write to Jan at the address listed at the end of the document.

Fleishmann's Yeast has come out with an inexpensive BREAD MACHINE FAVORITES recipe booklet. Send $2.95 to: Bread Machine Favorites Recipe Book, PO Box 5953, Department B, Stacy MN 55078-5953.

A new SUITABILITY Catalog has come out with patterns for animals and people, write to: SuitAbility, 1355 West 89th Street, Cleveland, OH 44102-1827.

Questions about appliance use? Need energy conservation ideas for the At Your Disposal project? Interested in stain removal tips and cooking basics? Consider purchasing the new APPLIANCE INFORMATION RESOURCE (Form 393YG) from Maytag. Cost is $10.00 for an entire notebook. Write to Maytag Consumer Education, One Dependability Square, Newton, IA 50208. Allow 4-6 weeks for delivery.

"The Everyday Miracle", a booklet on uses of baking soda is available free by calling 1-800-ARM-HAMR.

The University of Alabama Cooperative Extension Service has just introduced their PRINCIPLES OF PARENTING series by H. Wallace Goddard. The booklets look good and would be suitable for use even by teen-age parents and some guides would be good for babysitting members. The best part of the booklets is that they are available for 10 cents or $1.50 per set by writing to: ACES Distribution, Duncan Hall, Auburn University, AL 36849-5632. Questions and comments should be sent to: H. Wallace Goddard, Department of Family and Child Development, 206 Spidle Hall, Auburn University, AL 36849-5604.

A good resource to help youth learn about laundry is contained in a handy little booklet called, THE FACTS OF LAUNDRY. This book is available free from Maytag Consumer Education, One Dependability Square, Newton, Iowa 50208. Please note the order number of the bulletin: 181YG.

JACK SPRAT'S TABLE board game teaches both the new dietary guidelines and the concept of fat budgeting. In order to win, players must acquire at least the minimum number of servings in every food group without running out of "fat bucks". The cost is $30.00. Write to: Jack Sprat's Table, Kansas Lean, Kansas Dept. of Health and Environment, 1919 Amidon, Suite 130, Wichita, KS 67203-2118.

Several years ago, I recommended a book, BAKING BASICS from the Home Baking Association. They have revised this book and it is now more expensive--$4.98, but you can't beat it as an overall guide. An extra bonus is that it contains score sheets for common baked products. The Home Baking Association also has a new video "lesson" on Pizza which will be available in May. It is $29.00 plus 4.50 shipping. Previous videos have some food safety and other small flaws. The booklet and/or the videos may be ordered from: Home Baking Association, Suite 600, 2150 W. 29th Avenue, Denver, CO 80211-3890.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

J Scholl

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)"

FINGERMAN'S FINGERFOOD FAVORITES is a 12-page cookbook that older youth might enjoy. It is available free--one request per household, group, or organization--with one UPC from a Ziploc brand Universal Product Code (UPC) and an order form found in current magazines or you may write for a form: Fingerman's Fingerfood Favorites Cookbook Offer, PO Box 7414, Young America, MN 55573-7414. (Unfortunately, they will not honor photocopies.) Offer expires 10/31/94.

Speaking of Halloween, if you think your class would be interested in collecting for UNICEF as a Halloween activity, write now for information at UNICEF, Dept. 2016P, 333 East 38th Street, New York, NY 10016.

If you have a HANCOCK FABRIC company close to you, you may want to write for educational "teacher-student appreciation cards". The contact is: Melody Good, Hancock/Minnesota Fabrics Corporate Home Economist, PO Box 2400, Tupelo, Mississippi 38803. (601) 842-2834.

The National Potato Board feels it is time to honor moms and is launching a "REAL MOM OF THE 90S" Club. Recipes ideas and survival strategies for juggling multiple roles will be included. Pregnant teen programs might be interested in this series of newsletters. Some of the ideas might make good 4-H presentations. Write to: Mom's Club/MS, 55 Union Street, San Francisco, CA 94111. No charge.

A new teaching unit, HOW TO SHOP A FABRIC STORE, is available from House of Fabrics. It contains learning activities and specific assistance for planning and conducting a field trip to a fabric store. To receive a free copy write: Sharon S. Smith, Consumer Education Specialist, 13400 Riverside Drive, Sherman Oaks, CA 91423.

If you are living in a high altitude area or collect information for youth on breads or bread machines, you may want to obtain, "MAKING YEAST BREADS AT HIGH ALTITUDES" for $2.30. Write to: Bulletin Room, 171 Aylesworth SW, Colorado State University, Fort Collins, CO 80523.

A free seasonal idea book and sample of the new Heat n Bond flexible iron-on vinyl is available by sending a self-addressed, stamped envelope to Therm O Web, Inc., Department VC, 770 Glenn Avenue, Wheeling, IL 60090.

While I was at the ACE Conference this summer, there was an very interesting workshop called, THE TEN GREAT PARADOXICAL CHALLENGES THAT FACE EXTENSION, RESEARCH, AND THE LAND GRANT SYSTEM. If you would like a copy of these challenges, semd a PENmail message.

Advice for youth going off to college, including how to eat right, stay safe on campus and study better. Write to: Muhlenberg College, 2400 Chew Street, Allentown, PA 18104-5586. Attn: COLLEGE TIPS.

Choose safe, age appropriate toys for children by asking for the Toy Manufacturers of America GUIDE TO TOYS and Play. Write: Toy Booklet, PO Box 866, Madison Square Station, NY, NY 10159-0866 or call 1-800-851-9955.

GOOD TO THE LAST DROP is a game that "shows the splash and excitement of water usage in daily life" by teaching youth about water uses conservation and geography. The game is designed for children 9 and older and is $10.00. It may be ordered from: Ag Communication Service, Media Distribution Center, 301 South Second Street, Lafayette, IN 47901-1232 or call (317) 494-1232 8-5

Mon-Fri. Include tax exempt no.

The Pillsbury BOOK OF BAKING (A $25.00 value is only $16.95.) Send order to: Pillsbury Baking Book Offer, Dept. 8090, 1001 N. 4th Street, LeSueur, MN 56058. Allow 6-8 weeks for delivery. Offer good while supply lasts.

Up to 25 copies of a nutritional guide and RECIPES may be ordered by writing: Skippy Reduced Fat Peanut Butter, Dept. SRF, Box 307, Coventry, CT 06238.

BECOMING AWARE educational kit on menstruation may be ordered for $5.00 from Kotex: The address is: Becoming Aware Kit, PO. Box 1183, Maple Plain, MN 55348 or call 1-800-544-6143 (credit card orders). From the same address you can obtain a VHS video that includes a story of two girls named Sarah and Roxy who reach puberty. The video is $13.95.

Satisfy Your Snack Attack! is a booklet with SNACK RECIPES from Dow Brands. You can order up to 100 copies free by writing: Snack Attack, Ziploc Snack Bags, 500 N. Michigan Avenue, Suite 300, Chicago, IL 60611. Offer good while supplies last.

The FOOD GUIDE PYRAMID: BUILDING A HEALTHY BODY--(13 min.) is a fun tape targeted to children and parents who prepare children's meals.each Cost of the tape is $19.95 each. Include an additional $4.00 per order for shipping. Send to: Agricultural Communications, Box 30003, Dept. 3AI, NMSU, Las Cruces, New Mexico 88003-0003. (505) 646-2701.

Once again, Simplicity has sent out it's EDUCATIONAL ORDER FORM for fall/winter. The order form includes educational discounts for the Simply the Best Sewing Book and the new Home Decorating Book, counter catalogs, a newly designed beginner's sewing kit and 75 cent costs on selected patterns and craft books when you order 10 or more and send payment with your order. I know some counties coordinate purchases for their leaders and members through this service and other companies will be sending their order forms to you as well. If you did not receive this packet in mail, write: Educational Order Form, Simplicity Pattern Company, Inc., 901 Wayne Street, Niles, MI 49121-0099.

There are some great ideas in the PATTERN catalogs this fall! A couple of ideas: Sensory Development Toys (Butterick 6822), Bathtime Essentials (Vogue 8960), and Weave a Patchwork! (Simplicity 9177).

Special Baby Special Cleanup: How to care for BABY LAUNDRY is a free pamphlet from Maytag. You may order in quantity from Maytag, Consumer Education, One Dependability Square, Newton, IA 50208. Request Form 191YG-0594.

BRINGING BABY HOME to a Safe and Snug Haven is another free pamphlet that gives hints on cleaning and deodorizing BABY's things and a page for emergency telephone numbers. The LITTLE YELLOW BOX WITH A HOUSEFULL OF USES is another pamphlet that gives baking soda hints. Write to: Arm and Hammer, Church and Dwight Co., Inc. 1645 Oak Street, Lakewood, NJ 08701.

A free copy of Making Flavored VINEGARS is available by sending your name and address to: Making Flavored Vinegars, PO Box 7484, Clinton, IA, 52736-7484. Heinz Guide to Successful PICKLING is also free by writing: H.J. Heinz Company, PO Box 5200B, Clinton, IA 52736-5200.

A free subscription to the canning newsletter, CONSUMER NEWSLINE, is available by sending your name and address to: Alltrista Corporation, Direct Marketing

Department, CN, PO Box 2005 Muncie, IN 47307-0005 and if anyone is interested in the HISTORY of Ball canning jars, write for a free copy to: Consumer Affairs Department, Alltrista Corporation, PO Box 2729, Muncie, IN 47307-0729.

Many thanks to Nancy Bosold of Montgomery county who sent me information about SNEAKER GARDENS. She says, "We have them bring an old sneaker, then line the sneaker with a plastic bag with a few drainage holes punched into it. Fill the bag with pre-moistened potting mix and plant. We've used herbs or flowers such as marigolds. Kids enjoy the activity and they usually have old sneakers to recycle!!"

You can also order a free refillable cleaning shaker (one per household) to store baking soda. Address your requests to: Arm & Hammer Division, Dept. B.C., Northeast-Mail Center, PO Box 5882, Somerset, NJ 08875-5882.

A new recipe booklet is available from Equal called, "Simply Sweet". To receive this FREE BOOKLET, write: Consumer Affairs, The Nutrasweet Company, Box 830, Deerfield, IL 60015-0830 or call toll-free 1-800-323-5316. You may want to ask for a free subscription to the Equal Sweet News.

Give yourself a present this year by ordering a free ($2.95 shipping and handling fee) for each copy of READY, SET DINNER. This is computer software "solves the daily dilemma of what's for dinner". Each recipe includes nutrition information and serving suggestions. You can also add your favorite recipes to personalize the collection. A personal weekly meal planner and grocery list is included. The software is produced by the POTATO BOARD, but the check must be made out to: "Specialized Marketing Services". According to the information you can order as many as you like if you send name and address and a Macintosh or Windows preference to: Ready, Set Dinner, PO Box 1416, LA Mirada, CA 90637-1416. The only catch is that you need a rather high-scale computer: a MacIntosh LC, system 7 or later with 4 MB RAM and 4 MB hard disk storage, a 13" monitor (256 color, 8-bit preferred) or a IBM PC 386, Windows 3.1 or later, 8 MB RAM, 4 MB hard disk storage and a Super VGA 13" monitor and sound card.

"PLATING IT SAFE: A Market to Mealtime Checklist to Help Keep Food Safe"--this colorful brochure provides information on kitchen storage, kitchen preparation, food preparation, the ten common food safety mistakes, serving safety and handling leftovers. Additional copies may be obtained by writing the National Live Stock and Meat Board, 444 North Michigan Avenue, Chicago, IL 60611. You can also call 312-467-5520 (9 to 5 EST). They also have a food safety refrigerator magnet, "Cook with Confidence" that gives the USDA Meat and Poultry hotline number.

Tricycle Press, publishers of Pretend Soup, are offering free (while supplies last!) a brochure with tips on setting up COOKING PROGRAMS at schools, how to incorporate cooking into lesson plans and "have a great time doing it". To receive a copy, send a 9 X 12-inch self-addressed stamped envelope with 75 cents worth of stamps to: PS Supplement, c/o Tricycle Press, PO. Box 7123, Berkeley, CA 94707.

First though 5th graders can learn more about how to stay healthy and physically fit though Washington Apple Commissions, "Healthy Choices for Kids" CURRICULUM. Activities in the kits integrate math and other school subjects. Kits include a poster, work sheet masters and songs. Themes include: Choose a Healthy Lifestyle and Eat a Wide Variety of Foods. Free. Contact: Healthy

Choices Education Curriculum, PO Box 550, Dept. L94, Wenatchee, WA 98807.

A pilot program of nutrition curriculum for pregnant adolescents and teen mothers presented is available for $7.50 (this includes shipping) per copy with the check made payable to: Tulare Co. 4-H Leader Council. Write to: Carla M. Sousa, University of California, Cooperative Extension, 2500 W. Burrel Avenue, Visalia, CA 93291-4584.

2 NITE RECIPES is a cookbook with easy menus designed to save time shopping, cooking and cleaning up. The first menu of each 2-day pair is called "Cook Day" because you cook extra portions of certain ingredients. The second menu, "Quick Day", uses the extra "Cook-Day" ingredients to create an entirely different meal. To obtain this 100-page book, send $1.99 and one Del-Monte proof of purchase. Allow 6 to 8 weeks for delivery when sending to: Favorite Brand Name Recipes, PO Box 7767, Department G, Marshfield, WI 54449. Offer expires June 30, 1995.

THE FOOD GUIDE PYRAMID: Building a Healthy Body--This fun tape 13-minute video tape is targeted to children and parents who prepare children's meals. It builds on the Food Guide Pyramid to show children how they can make snacks from each food group and build a leaner, healthier body. Tape shows fun, healthy foods for the entire family. The cost of the tape is $19.95 each plus an additional $4 per order for shipping. Contact: Agricultural Communications, Box 30003, Dept. 3AI, NMSU, Las Cruces, New Mexico 88003-0003 or phone 505-646-2701.

To celebrate Swans Down's 100th anniversary, their BAKING PAMPHLET is now available. Send $1.00 with your name, address, and zip code to: Swans Down 100th booklet, Reily Foods Company, PO Box 60296, New Orleans, LA 70160-0296.

The Dairy Council provides excellent NUTRITION EDUCATION MATERIALS. A new catalog was issued this fall with 31 new selections (some in Spanish). Check with the Dairy Council representative closest to you for educator offers. Most will send you $8.00 of materials free between September and August of each year.

How about dinner in Greece or on a tropical island? That may not be possible, but the recipes from the AMERICA'S TABLE booklet may make you feel as if you are there. It is free by writing on a postcard to: America's Table, LAND O LAKES, Inc., PO Box 26341, Shoreview, MN 55126-0341 or call 1-800-782-9602.

As the winter winds and snow surround us, young people may want to make bread. Red Star yeast is offering yeast thermometers (up to 10), YEAST (active dry and/or quick rise-limit one carton of 18 strips) and a booklet of baking lesson plans. Contact Carol Stevens at Red Star Yeast 1-800-445-4746 #4.

The Pillsbury Complete Book of BAKING, a $25.00 value is vow available for $16.95. Order from: Pillsbury Baking Book Offer, Dept. 8090, 1001 N. 4th Street, LeSueur, MN 56058. Please allow 6-8 weeks for delivery.

BAKE IT BETTER is a recipe book to use rolled ouats. Print your complete name and address on a piece of paper and send it with a check or money order for $1.25 made payable to: Quaker Recipe Book to: Ouaker Oats Recipe Book, P.O. Box 5194, Clinton, IA 52736-3194.
Offer expires June 30, 1996 or whhile supplies last.

For 50 cents shipping and handling, you can optain a 16-page color recipe

booklet, TAP INTO TAPIOCA. Mail to: Tapioca Recipe Booklet Offer, P.O. Box 1177, Maple Plain, MN 55593.

A free kids baking kit with holiday cookie cutters, recipes and decorating tips will be sent with two UPC's from any combination of Diamond Walnuts and Sun Maid Raisins (9 oz or larger) and $1.50 for postage and handling. Mail to: Diamond/Sun-Maid Baking Kit Offer, P.O. Box 3031, Briarcliff Manor, N.Y. 10510-8031.

Simplicity is offering a complete textiles and clothing LESSON PLAN kit for teachers. The $25.00 kit includes course outlines, 4 patterns, illustrations for overhead projections, materials and resource lists, body measurement and fit guide charts. Make check payable to Simplicity Pattern Co. Inc. and send to: "Simplicity Complete" Education Department, 901 Wayne Street, Niles, MI 49121. Include extension office and phone number with your name and address. Allow 4-6 weeks for delivery.

In an effort to educate consumers on how to do the laundry, Lever Brothers and Wisk have created a user-friendly guide called DIRTY SECRETS AND CLEAN FACTS. To obtain this guide, write to Lever Brothers Company, Consumer Service Department, 390 Park Avenue, New York, NY 10022 or call 1-800-ASK-WISK (9 AM to 5 PM EST). This number is also available to help consumers tackle tough, on-the spot (sorry for the pun!) stain-removal problems and provide general laundry advice.

For those close enough to Rockville, MD or Centreville, VA may want to arrange for a group TOUR of G Street Fabrics. For information, call the Promotions Coordinator at (301) 231-8982, ext. 265.

The Clorox BLEACH Simple Solutions Guide offers step-by-step tips on cleaning, disinfecting and deodorizing almost every room in the house. Send your name, address, and zipcode to Clorox Free Offer, Attention: Julia Mitchell, PO Box 523, Birmingham, AL 35201. There is no cost.

Youth can begin to develop an understanding of the financial world with THE YOUNG INVESTOR, a newsletter for students ages 8-14. Published 10 times per year, the newsletter uses cartoons, puzzles, and short stories to teach students about such topics as checking and savings accounts, mutual funds, the stock market, taxes, budgeting and credit cards. Sample copies are $2.00. One year subscriptions are $19.95. Write: The Young Investor, PO Box 150661, Dept. L94, Fort Worth, TX 76108.

The American Ladder Institute is offering a free LADDER SAFETY comic book with character "Ladder Dude". The unit includes five lessons on ladder safety. Ladder Dude stickers and reproducibles to go with each lesson. The kit is targeted to students ages 8-12. The cost is free if you send a 9 X 12 inch self-addressed envelope with $1.21 postage to: American Ladder Institute, 401 N. Michigan Avenue, Department L94, Chicago, IL 60611.

WRITES OF PASSAGE is a new biannual literary journal that gives junior and senior high school students a chance to publish their original poems, short stories, book reviews and personal essays. When submitting work, students should include their name, address, phone number, birthday, age and school name and location. Cost of a sample issue of this journal is $5.00. Contact: Writes of Passage, PO box 7676, Greenwich, CT 06830.

McDonalds has developed a series of programs to help educate children about drug abuse, nutrition, fitness, safety and self-esteem. In all, there are

more than thirty videos, booklets, and tools available through their free educational resource CATALOG. Write to: McDonalds Education Resource Center, ADS, 3620 Swenson Avenue, PO Box 8002, St. Charles, IL 606174 or call 1-800-627-7646.

WGBH-TV is making a brand new ZOOM television program for kids. They need kids of all kinds to send in their ideas, poems, questions, recipes, inventions, community projects, videos, secret codes, computer games, and more. Kids just need to put them in an envelope with a note including their name, age, and address and send them to: Zoom, Box 350, Boston, MA 02134. For additional information, contact Christie Phillips, Marketing Director, 301 961-2915.

Washington State Cooperative Extension publishes "CONNECTIONS", six times a year to give adults, who care about youth, access to unbiased, research-based information and help them put that knowledge to work. The cost is free and articles may be reproduced with credit given. For more information or to submit an article for review, contact Donna M. Brians, WSU Cooperative Extension Stevens County, 230 Williams Lake Road, Colville, WA 99114.

AEROSPACE EXPLORER, a quarterly tabloid-size newspaper published by the Earth Resources Association is geared for youth in grades 5-8 and features such information as what astronauts eat in space, what it's like to sleep in space, experiments, puzzles and contests such as designing a robot to explore Mars. A sample issue is available for $2.00 and a year subscription is $8.95. Contact: Aerospace Explorer, 1516 W. Lake Street #102, Department L94, Minneapolis, MN 55408-9917.

The Cooperative Extension System's programs are open to all citizens without regard to race, color, sex, handicap, religion, age, or national origin.

Mention or display of a trademark, proprietary product, or firm in text or figures does not constitute an endorsement by Penn State University or the U.S. Department of Agriculture and does not imply approval to the exclusion of other suitable products or firms.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. The Pennsylvania State University does not discriminate against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Direct all nondiscrimination inquiries to the Affirmative Action Director, The Pennsylvania State University, 201 Willard Building, University Park, PA 16802-2801; telephone (814) 863-0471.

Provided by Jan Scholl, Associate Professor Agricultural and Extension Education, 323 Ag Admin Building, University Park, PA 16802, 814-863-7870. jan_scholl.agcs.cas.psu.edu. TEACHER*PAGES DOCUMENT NO. 400126, Jan. 1995.